

# metro

NEW YORK CITY NO. 1 FREE DAILY IN THE US

Wednesday, January 3, 2018 metro.us | t: MetroNewYork | f: MetroNewYork



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**F** **K,**  
**IT'S COLD**

Record-setting arctic cold has swept across the country, causing multiple deaths. But the end is far from near, as snow and ice could come to the East Coast this week. 4

**°C** **°F**

50	120
40	100
30	80
20	60
10	40
0	20
10	40
20	0
30	20

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## WELCOME TO METRO.US

MORGAN ROUSSEAU, MANAGING EDITOR

Baby, it's cold outside — and it's not going to warm up any time soon. Read on for details on this week's fiercely frigid forecast and how freezing conditions are expected to affect the city. You can keep up with more winter weather stories by visiting [metro.us](#).



## PAKISTAN REACTS TO TRUMP'S 'LIES' TWEET

**1** Pakistan's civilian and military chiefs Tuesday rejected "incomprehensible" U.S. comments after President Donald Trump tweeted angrily about Pakistani "lies and deceit," with Islamabad summoning U.S. Ambassador David Hale to the Pakistani Foreign Office late Monday to explain Trump's tweet, media said. The ministry could not be reached for comment but

the U.S. Embassy in Islamabad confirmed Tuesday that a meeting had taken place. Trump said the United States had been rewarded with "nothing but lies and deceit" for "foolishly" giving Pakistan more than \$33 billion in aid in the last 15 years. "They give safe haven to the terrorists we hunt in Afghanistan, with little help. No more!" he tweeted Monday.

## SEN. ORRIN HATCH WILL NOT SEEK RE-ELECTION

**2** Republican Senator Orrin Hatch said Tuesday he will not seek re-election in November, opening the door to a potential Senate bid by Mitt Romney, the 2012 Republican presidential candidate who has been one of the party's harshest critics of

President Donald Trump. "Every good fighter knows when to hang up the gloves. And for me, that time is soon approaching," Hatch said in a video statement posted on Twitter. "That's why after much prayer and discussion with family and friends, I've decided to retire at the end of this term."



## SEVEN-ALARM FIRE IN THE BRONX INJURES MANY

**3** Firefighters battled a seven-alarm fire on Jan. 2, 2018, in the Bronx. The fire, which started around 5:30 a.m. on a frigid Tuesday, is believed to have started in a first-floor furniture store before overtaking the entire building. Numerous injuries were reported from the morning fire, which required more than 200 firefighters to control. The fire was the second large-scale blaze in the Bronx within a week, after a fire last Thursday killed 12 people. *For more on the community's reaction to last Thursday's fire, see page 10.*

THINGS YOU  
NEED TO KNOW

## NEW CAMPAIGN TARGETS SEXUAL HARASSMENT

**4** "The clock has run out on sexual assault, harassment and inequality in the workplace. It's time to do something about it," reads an initiative launched this week by 300+ Hollywood women. It's called Time's Up, and it includes industry powerhouses like Reese Witherspoon, Kerry Washington and Brie Larson. Time's Up is calling for Hollywood women to wear black at the Golden Globes

on Sunday night to raise awareness, according to The New York Times. Some men in the industry have vowed to participate in the red carpet blackout as well. Time's Up is also working with the group 5050by2020 to achieve a 50/50 gender parity model where "women are equally represented at every level — especially in leadership positions and in positions of power" by the year 2020. SAM BRODSKY

## US SERVICE MEMBER KILLED IN AFGHANISTAN

**5** One U.S. service member was killed and four others wounded during a "combat engagement" in the eastern Afghan province of Nangarhar, the U.S. military said in a statement Tuesday. The incident took place Monday in Achin, Nangarhar province, the statement said. Two of the wounded service members are being treated at a medical facility and are in stable condition,

it added. Nangarhar, on the porous border with Pakistan, has become a stronghold for ISIS, generally known as "Daesh" in Afghanistan, which has grown to become a dangerous militant group since it appeared around the start of 2015. The Taliban and ISIS have frequently fought each other in the Nangarhar province, and both have been targeted by sustained U.S. airstrikes.

## GOVERNMENT TRUST

**18%**

Just 18 percent of Americans say they trust the federal government to do the right thing "just about always" or "most of the time" — a figure that has changed very little for more than a decade.  
Source: Pew Research Center



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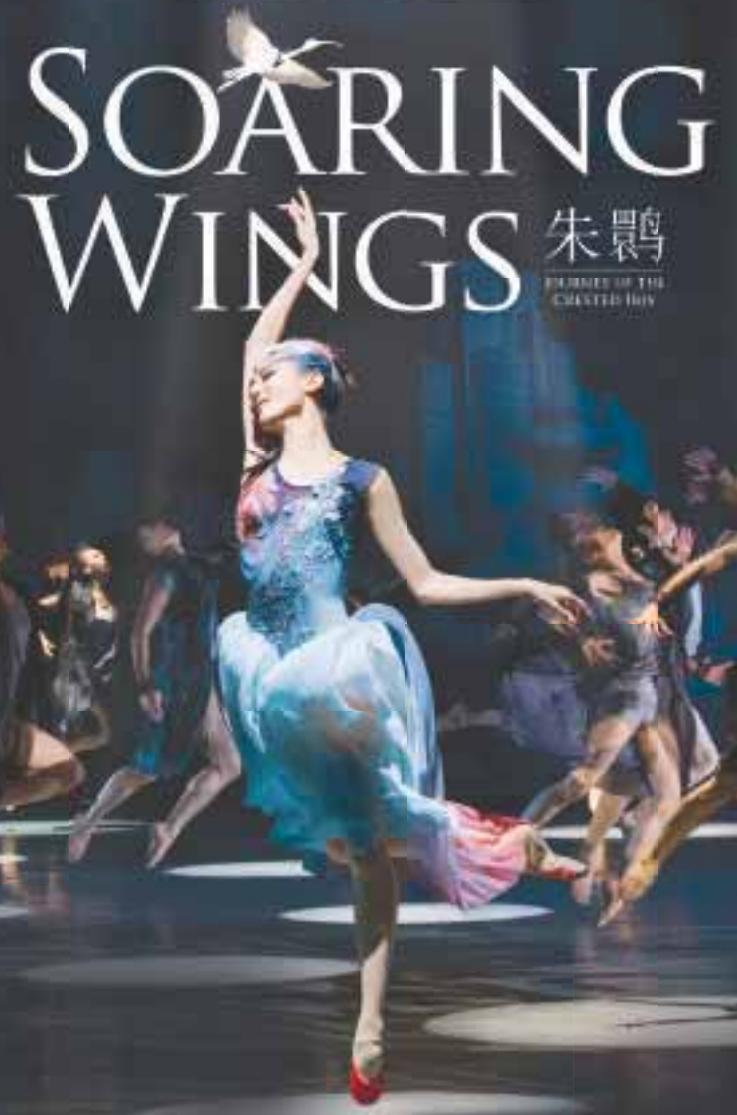
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# Northeast hit by record cold, with snow predicted

Frigid weather had gripped much of the country for the past few days, breaking long-standing temperature records.

A record-shattering arctic freeze kept its grip on the U.S. Northeast on Tuesday, closing schools and affecting travel on the first business day of 2018, and forecasters warned the region could be walloped by snow later in the week.

Boston tied a 100-year-old record on Tuesday when it marked seven consecutive days that the temperature did not top 20 degrees Fahrenheit, and people whose work kept them outside struggled to find ways to keep warm.

"I'm here since '78 and I don't remember cold weather like this," Yiannis Galanopoulos, who sells \$3 cheese pretzels from a cart in New York's Times Square, said as he warmed his hands over the glowing charcoals that keep his wares hot.

"But a living is a living," he said, adding that if the temperature dipped much lower, he might rethink the trip from his home in West New York, New Jersey. "It's not worth it to take



New York City could receive snowfall this week. GETTY IMAGES

a chance."

Officials throughout the region urged residents to alert social services if they saw people stuck outside in the cold.

"We want every resident to have shelter and warmth," Washington Mayor Muriel Bowser said on Twitter. Bitter cold was blamed for at least four deaths across the United States over the New Year's holiday weekend.

The higher temperatures were expected to be accompanied by heavy snow in the East Coast by as early as Wednesday, according to the National Weather Service.

"New York City will probably expect anywhere from 2 to 4 inches of snow," said weather service meteorologist Greg Gallina. "The maximum swath will be from southern Rhode Island to the south of Boston and into Maine. Southeast

Maine will experience anywhere from 12 to 15 inches of snow."

Gallina added that cities in northern Florida will experience freezing rain and maybe some sleet. Coastal areas in Georgia and South Carolina will start to experience smaller amounts of snow, from as early as late Tuesday.

The cold was blamed for the deaths of two men in separate incidents in Milwaukee, according to the Milwaukee Journal Sentinel. A homeless man was found dead on a porch in Charleston, West Virginia, while another man was found dead outside a church in Detroit, and police said he may have frozen to death, local news outlets reported.

The cold should ease across most of the country heading into the weekend, Gallina said.

REUTERS

## 5 COLD-LIFE HACKS FOR KEEPING WARM THIS WINTER

Each morning, it dawns on us: It's f—ing cold out. But there are steps you can take to make the horrid experience of living life in sub-zero temperatures more bearable.

### 1. Electrify your life

Put an electric blanket on your bed and turn it on 20 minutes before you turn in for the night. In the morning, slip the blanket into your drawer to warm your clothes before you put them on.

### 2. Use every last drop of hot water

There's nothing like thawing

your cold bones in a hot shower. But when you're done, don't let warm bath or shower water go down the drain. Instead, keep the water in the tub to add a little warmth and humidity to your home.

### 3. Mind the gap

Tap into your college smoking habits and use towels to fill gaps under doors to keep heat from escaping. Pipe insulation also works well, but it's not as nostalgic.

### 4. Quilt up

Don't be ashamed to use heavy quilts as curtains to keep heat

from leaking out of windows, especially at night and during windy days.

### 5. Swaddle your feet

Cut out wool insoles for extra warmth in your shoes. If it's snowy and slushy out, you can keep feet dry by wrapping them in a sandwich bag.

MORGAN ROUSSEAU



Bundle up and breathe. Winter is here. ISTOCK



Below-freezing temps are expected to last until at least Monday, the National Weather Service has forecasted for the New York City region. PIXABAY

## Bundle up New York City, this cold snap is here to stay

If you're already over the bitterly cold weather that accompanied the dawn of 2018, you may want to brace yourself. It's going to be here for at least the next seven days.

According to the National Weather Service, below-freezing temperatures are expected to remain throughout the New York City region until Monday, when we should see a high near 40, which will likely feel downright balmy after what's expected for the rest of this week.

Tuesday night will be clear with a low near 16. Wednesday will see the week's highest temperature of 31 degrees during the day before dropping to 25 at night, with snow after 1 a.m., though the NWS said accumulation should be less than 1 inch.

Snow is also likely on Thursday, which will have a blustery high near 28 before dropping to about 10 degrees at night.

Friday will be breezy and cold with a high near 14 during the day and a low of 4 at night. Saturday will be relatively the same, with an expected high near 12 and a low near 6.

### Am I just cold or do I have hypothermia?

While many of us shiver, shake and display "I'm-so-cold" dramatics in weather such as this, extreme cold is no laughing matter and can result in severe health issues, like hypothermia and frostbite.

In fact, four people died this past weekend due to these low temperatures, including two

men who were believed to have frozen to death in Milwaukee, Reuters reported.

So what can you do to avoid — or treat — hypothermia or frostbite? Here are some tips from the Centers for Disease Control and Prevention.

#### Dress appropriately

While it's ideal to stay indoors as much as possible, that's not feasible for everyone, so be sure to cover your nose, ears, toes, cheeks, chin and fingers, which are all susceptible to frostbite, in dry, warm clothing, the CDC urges.

This means wearing a scarf or knit face mask, a hat, mittens or gloves, layers and water-resistant boots and jackets.

#### Know the signs

Because frozen tissue is numb, you may not realize you have frostbite, so be mindful of skin redness or pain and keep an eye out for white or grayish-yellow skin areas, skin that feels "unusually firm or waxy" and numbness, the CDC warns.

While hypothermia can occur during extreme cold, it can also affect someone who may become chilled after being out in rain or in cold water, or by sweating in temperatures above 40, so watch out for symptoms like shivering, exhaustion, confusion, fumbling hands, memory loss, slurred speech and drowsiness in adults. Symptoms for infants include bright red or cold skin and very low energy.

**When to seek help**  
If your temperature,

NIKKI M. MASCAL



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## Can This Medical Technology Possibly Eliminate Or Reduce Back & Neck Pain?

### The Advanced Medical Treatment Every Back & Neck Pain Sufferer Needs To Know About

**NYC Pain MD is a medical clinic with two locations in New York City that has made a name for itself by treating the worst cases of back or neck pain.**

**Here is what every back and neck pain sufferer who has failed to respond to other treatments and does not want surgery should know about one of the best treatment options available today for severe back and neck pain including when, why and where you should consider this treatment to get maximum results.**

If you suffer with back, neck or nerve pain, you have probably already tried *many* treatments ... especially countless pain medications.

Experienced doctors understand that even though pain medications such as anti-inflammatory pain pills are part of the recommended early treatment plan for back pain... they are rarely the answer.

In most cases they have minimal, short term results (if any) and have a laundry list of potential side effects. Some being serious and even life threatening.

### Are there any better options?

Thankfully, advancements in science and technology come extremely fast. And now there is very good option to help relieve the pain.

*An option that a lot of back and neck pain sufferers may have never heard of before.*

Before we get into these

treatments, please understand this...

*NYC Pain MD* is a REAL medical clinic that has treated the worst cases of back pain. Patients travel from all over to be treated at one of their clinics for all sorts of joint and muscle pain because they want the best medical treatments available.

What you are about to discover is a REAL medical treatment. Not some miracle cure you see on infomercials or on the internet.

**Know this fact:** There is no one treatment that will help every case of back pain. And we cannot guarantee this treatment will work for you. But this treatment has already helped countless back and neck pain sufferers who had given up hope. I bet many just like you.

What is this treatment? It's called...

**Radiofrequency Neurotomy**  
"Radiofrequency Neurotomy" is often referred to as RF for short. Just what is "RF".

RF is a procedure that is based on the concept that blocking the nerve supply to the painful area may alleviate pain and restore function.

There are many nerves around your spine and one of their jobs is to sense PAIN.

Radiofrequency waves are delivered to these nerves under advanced imaging to "block" the nerves and slow down the pain

Two procedures are performed. First, a test, diagnostic "Block" procedure is done to determine if the procedure is going to decrease

pain and improve function.

If this first "test" procedure is successful, the Radio Frequency Neurotomy is scheduled and performed for longer term relief.

### What Results Can You Expect?

Like all real medical procedures... results vary for individual patients. No good and ethical doctor would guarantee any exact results for any procedure... that's just not how things work and it would be less than honest.

That's being said, it is not uncommon for patients to get complete, if not significant relief of their pain shortly after the treatment.

### How Long Do The Results Last?

This procedure "impacts" the nerves pain signals... it does not destroy them. Therefore, the results are safe but not completely permanent. But, many patients get relief for 6 months... 12 months.... 18 months for some even longer. The great news is - another procedure can be safely preformed for more relief if necessary.

While we cannot claim this is a complete "permanent cure" ... it can be a godsend for so many who were in constant pain.

Really... what would it be worth if you could get out of pain for long enough so you could start enjoying your everyday life again?

Would it be worth it to be

able to finally get a good night's sleep again?

How about being able to go for a simple walk or just do your basic daily chores without worrying about so much pain?

### Is It Safe?

Yes. This procedure has been done countless times and continues to have an excellent safety record. It is minimally invasive and is *not surgical*.

### Who Should Try This Treatment?

RF should be considered after other treatments, such as anti - inflammatory pain medication and physical therapy do not offer good enough results.

**RF has also been found effective AFTER back surgery when patient's still feel pain.**

*The pain after a failed back surgery can be debilitating for some and this procedure may be the only thing that helps give you relief.*

### What To Do Next If You Are In Pain And The "X" Factor

Here is the "X" factor many do not consider that might be the difference between you getting the best possible treatment or not.

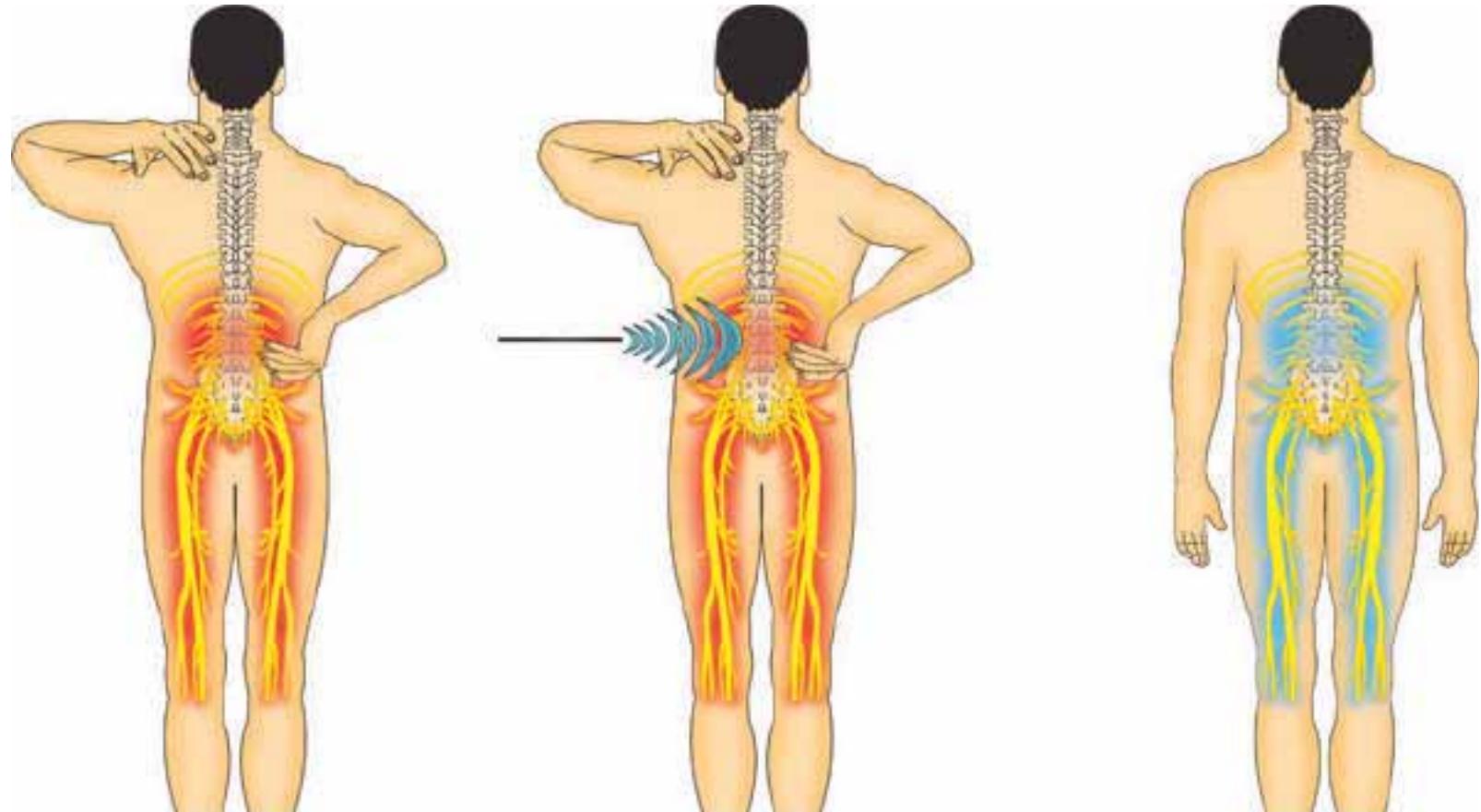
Many experts suggest choosing a medical clinic that offers all these treatments and has the proper, most advanced technology all under one roof without the need for a surgical center or hospital.

### Major Savings In Time And Costs Of Care?

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## **Advanced Treatment Uses Radio Frequencies To Relieve Serious Neck & Back Pain**



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*NYC Pain MD's method allows you to avoid expensive hospital or out patient surgery-center facility fees which often run 3 to 4 times the cost of the procedure itself. And you don't have to go through the huge stress and time consuming process of going all over the city to outside centers. All the NYC Pain MD treatments can be done in our in-office procedure suites saving you stress, time and dollars.*

*NYC Pain MD believes this*

additional "X" factor is one of the reasons so many back pain sufferers travel from all over to be treated at their advanced medical center.

### **Your Invitation**

*NYC Pain MD offers limited number of complimentary back and neck pain screenings every month. These screenings are a way for pain sufferers to get some of their questions answered and see if they are candidate for one of the cutting-*

*edge treatments offered at NYC Pain MD. If you would like complimentary screening, just call 877-503-8540 and tell the scheduling co-ordinator who answers the phone, "I would like a complimentary back pain screening."*

*The screenings fill up fast every month. If you do not call in time to get one this month, the expert will schedule you for next month.*

*This screening is at no cost and*

*no obligation.*

*Many of the treatments offered are covered by many insurance plans an traditional medicare.*

*Call 877-503-8540 for your free screening and find out if you can get out of pain today*

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"This campaign unashamedly reconfirms what we believe: that dating deserves better," said OkCupid CMO Melissa Hobley. **OKCUPID**

# OkCupid wants you to rethink 'DTF' to find your own F-word

"Floss" is just one F-word the dating app hopes you substitute for the "F-dash-dash-dash" in "DTF."



NIKKI M. MASCALI  
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nikki.mascali@metro.us

OkCupid wants you to forget what you know about the meaning of 'DTF.' In its first-ever ad campaign, the dating app aims to redefine the acronym for "down to f—" and empower daters to find their own F-word.

The vibrant — and funny — campaign is kicking off in New York City's subway starting Jan. 15 before rolling out in select U.S. markets. The ads feature statements like "DTFighter about the president," "DTFour Twenty," "DTFoot the bill," "DTFall head over heels" and "DTFarmer's market," all with the tagline "dating deserves better."

In the world of online dating, the term "DTF" typically stands for "down to f—k." Dating app users sometimes message romantic prospects with "DTF?" to ask if they're interested in having sex. But not everyone on dating apps wants a casual hookup.

"More than 10 years after OkCupid was founded, this campaign unashamedly reconfirms what we believe: that dat-

ing deserves better," Chief Marketing Officer Melissa Hobley said. "We're proud that OkCupid is one of the only dating apps that truly reflects back what is happening culturally, and we felt a responsibility — and opportunity — to play a part in changing the conversation about dating culture and empowering each individual to expand the meaning of 'DTF' in a way that reflects what they want from dating."

The ads were designed by Italian artists Maurizio Cattelan and Pierpaolo Ferrari, "two of the most interesting, talented, provocative artists around today," Hobley said. "They are, of course, known for making a statement with their art, and so when we started talking about this mission of reclaiming 'DTF,' they had as much passion as the OkCupid team, and even more creativity. They were truly the perfect fit, and we're so excited with how they brought this mission and a conversation about dating to life."

The campaign was developed by the Wieden+Kennedy New York advertising agency.

**“... We felt a responsibility — and opportunity — to play a part in ... empowering each individual to expand the meaning of 'DTF' in a way that reflects what they want from dating.”**

OkCupid Chief Marketing Officer Melissa Hobley

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OkCupid's new ads were designed by Italian artists Maurizio Cattelan and Pierpaolo Ferrari, "two of the most interesting, talented, provocative artists around today," according to OkCupid CMO Melissa Hobley. **OKCUPID**

# City will add 1,500 barriers to prevent vehicle terror attacks

"These bollards will make sure vehicles can never come into places where pedestrians are," Mayor Bill de Blasio said of the \$50M initiative.

 **NIKKI M. MASCALI**  
@NikkiMMascali  
nikki.mascali@metro.us

In an effort to better prevent vehicular terror attacks in New York City, officials on Tuesday unveiled plans to add 1,500 permanent bollards, or barriers, in high-profile areas.

"These bollards will make sure vehicles can never come into places where pedestrians are," Mayor Bill de Blasio said at a news conference in Times Square.

The measure comes two months after Sayfullo Saipov drove a rented truck down the Hudson River Park Bikeway in

lower Manhattan on Halloween morning, killing eight people and injuring a dozen others.

The \$50 million initiative unveiled Tuesday will initially provide temporary bollards to high-profile areas such as Times Square, with the installation of permanent fixtures starting in March. The full citywide installation is slated to be completed "over the next few years," city officials said.

"These additional safety bollards will allow New Yorkers and visitors to be more secure at landmark locations and other sites throughout our city," NYPD Commissioner James O'Neill said. "They will also serve to delineate restricted areas and help streamline vehicle, bicycle and pedestrian traffic in these areas."

Days after the Halloween vehicle terror attack, hundreds of concrete barriers were added

to 57 pedestrian and vehicle intersections along the bike path, which runs from West 59th Street to Battery Place.

"In 2017, New Yorkers witnessed the hor-

rible capacity of people willing to do us harm, whether it was in our subways, on our bike paths or in Times Square," the mayor said. "But we will not be

cowed, and our expanded investment today in barriers and bollards in our public spaces underscores our resolve in keeping New York City safe from future at-

tacks. In this new year, we can and will protect our iconic public spaces while New Yorkers go on living our lives, including by hosting a record number of tourists."

***"In this new year, we can and will protect our iconic public spaces while New Yorkers go on living our lives, including by hosting a record number of tourists."***

Mayor Bill de Blasio



New York City will add 1,500 barriers in high-profile areas to prevent vehicle terror attacks, officials announced. [TWITTER/@NYPDNEWS](#)



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## Accountability demanded for child who started Bronx blaze

Twelve people died in the city's worst fire in 25 years, which was caused by an unattended toddler playing with a stove.

NIKKI M. MASCALI  
@NikkiMMascali  
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The fire, which claimed the lives of 12 people and left at least 14 families homeless, was caused by an unattended 3-year-old boy, officials said. GETTY IMAGES

Some family members of the victims in Thursday's deadly Bronx fire want the parents of the toddler who caused the blaze to be held accountable, the New York Post reported.

An unattended 3-year-old boy playing with a stove caused the fire that claimed the lives of 12 people in the borough's Belmont neighborhood. It was the deadliest fire in New York City in more than 25 years, officials said, and left at least 14 families homeless.

"I want the mother and father to be responsible because the mother is

an irresponsible parent," Kadian Blake, cousin of victim Karen Stewart, told the Post. "There needs to be accountability."

Blake spoke to the paper at a candlelight vigil held outside the gutted apartment building on Prospect Ave. on Monday, adding that the toddler was often seen wandering outside the building.

The child's mother said in the aftermath of last week's fire that her son had a history of playing with the stove in his family's first-floor apart-

ment, Reuters reported.

The blaze quickly swept from the family's apartment through the five-story building, which housed 26 apartments. The fire was fanned by tenants opening windows and leaving doors open as they tried to escape.

"Children starting fires is not rare," FDNY Commissioner Daniel Nigro said, adding that the stairway "acted like a chimney. People had very little time to react. They couldn't get back down the stairs. Those that tried perished."

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## IS MAYOR BILL DE BLASIO'S UTICA AVENUE BROOKLYN SUBWAY EXTENSION DEAD?

Here is why The Regional Plan Association release of their fourth annual master plan which included calling for construction of the Utica Avenue subway will never leave the station. At the request of Mayor Bill de Blasio, the MTA allocated \$5 million in funding under the \$32 billion Metropolitan Transportation Authority 2015 - 2019 Five Year Capital Program to initiate a \$5 million feasibility study for this proposal to build a Utica Avenue subway extension. The Utica Avenue subway was originally proposed by NYC Mayor Hylan in 1922! The concept would construct extensions for both the No. 3 and 4 subway lines in East Flatbush, Brooklyn.

Two years later, the MTA had yet to issue a Request for Proposals to hire any engineering consulting firm to

**LARRY PENNER**

*Analysis*



officials are nothing more than placebos designed to placate demagogues, who are not regular users of the numerous public transportation alternatives that have been available for decades. The real problem is finding money to make things happen. All too often funding for many studies would have been better spent on real capital and operating service improvements instead of just lining the pockets of consultants.

Ninety-five years have passed since the Utica Avenue subway was first proposed. Don't count riding any Utica Avenue subway in your lifetime.

*Larry Penner is a transportation historian and advocate who previously worked 31 years for the US Department of Transportation Federal Transit Administration Region 2 NY Office.*

perform this study. This contradicts the RPA report, which states that "an assessment should be forthcoming." It is a clear sign that the MTA is really not interested in pursuing this project. This proposal may represent a waste of taxpayers' dollars for yet another transportation feasibility study.

Too many transportation studies championed by numerous elected



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## I am living proof that buprenorphine treatment works.

Of all the treatments I've tried, buprenorphine is the only thing that worked for my opioid addiction. Now I'm in school, I go out to eat, to the movies—simple stuff—but the greatest joy is having a relationship with my daughters. I got back my life.

— Chelle



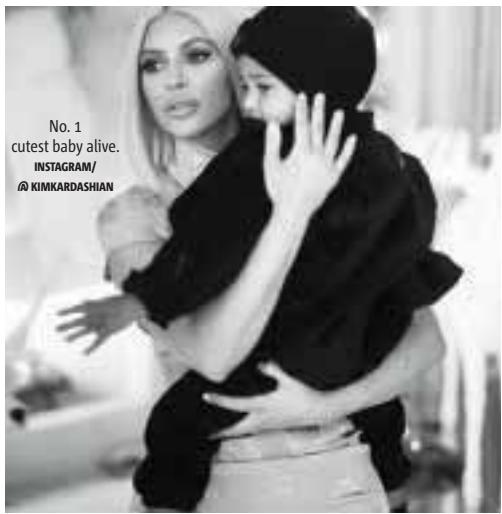
Opioid addiction treatment with methadone and buprenorphine is available in New York City.

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## Saint West's pneumonia scare

It was a terrifying New Year's for Kim Kardashian West. Not because of the chilling thoughts of her sisters' spawn, but because Saint West was hospitalized for pneumonia.

The 2-year-old recently spent three nights in the hospital — and Kardashian West calls the experience "so scary."

"My precious baby boy is so strong!" she wrote on Instagram. "After spending three nights in the hospital & seeing my baby get multiple IV's and hooked up to oxygen machines, our end of year was challeng-

ing. Pneumonia is so scary!"

The 37-year-old says Saint is all better now, calling the little love muffin "so resilient" and using the mixed baby angel emoji. Legitimately appropriate!

TMZ reported earlier that Saint had been taken to a hospital in Los Angeles on Thursday, where Kardashian West and her husband, Kanye West, shared overnight duties. You know, like parents do.

Because after all, celebrities are just like us. Just way richer and far more removed from the realities of everyday life.



## America Ferrera expecting a baby friend



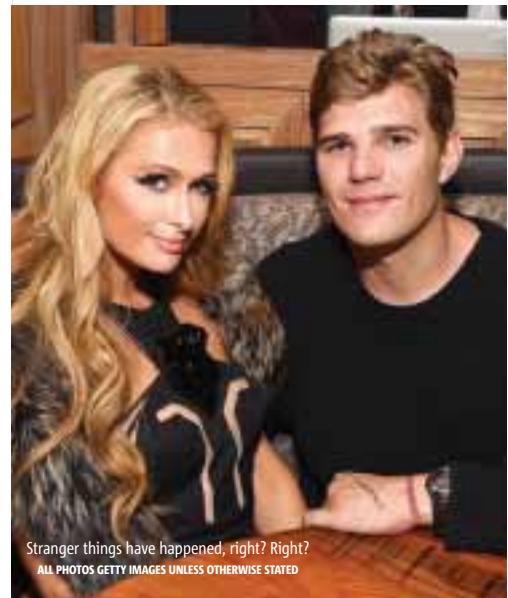
America Ferrera is gonna have a baby. The "Superstore" actress announced via social media that she and her husband, Ryan Piers Williams, are expecting their first child.

"We're welcoming one more face to kiss in 2017! Wishing you #MásBesos in the New Year," she wrote on

New Year's Eve. Aw.

The couple, who just celebrated 12 years together, first met when Williams, 36, cast Ferrera in his student film while studying at the University of Southern California. They were engaged in June 2010 and married in 2011.

Mazel, y'all!



Stranger things have happened, right? Right?

ALL PHOTOS GETTY IMAGES UNLESS OTHERWISE STATED

Paris Hilton — a woman you may know as the self-professed matriarch of taking selfies — is engaged to be married. OK!

The 36-year-old former star of "The Simple Life" reportedly got engaged to her boyfriend of two years, Chris Zylka, 32. He popped the question just before the New Year, during a ski trip in Aspen, and photographers from People were suspiciously there for some reason.

"I am so excited to be engaged to the love

of my life and my best friend," Hilton said in an absolutely unrehearsed statement to People. "I have never felt so happy, safe and loved. He is perfect for me in every way and showed me that fairy tales really do exist!"

Ah, to be rich enough to have survived 2017 and still believe in fairy tales.

No words of wisdom from Zylka yet, but I think the tattoo he has that reads "Paris" in Disney font says enough, yeah?

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## Hoda Kotb to co-host 'Today'

Hoda Kotb is moving up.

Tuesday, the 53-year-old was named co-anchor of the "Today" show, just a month after Matt Lauer was fired after allegations of inappropriate sexual behavior. Kotb will host the first two hours of the program with Savannah Guthrie and — thank God — will continue to co-host the fourth hour with Kathie Lee Gifford.

"Hoda is, in a word, remarkable," NBC News Chairman Andy Lack said in an email to staff

Oh, that's nice.

Tuesday. "She has the rare ability to share authentic and heartfelt moments in even the most difficult news circumstances. It's a tribute to her wide range and her innate curiosity."

Kotb told E! News that Lauer, disgraced though he may be, texted her congratulations. "He was sweet this morning," she said.

"Certain texts popped up, and there was one from Matt: 'Congratulations!' He said some nice words." Sure! Have fun, Hoda!

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# Don't sleep on January

When it's this cold, the urge to hibernate is strong. Fight it with our guide to the must-do events, foods and more this month.



EVA KIS  
@thisiskis  
eva.kis@metro.us

## "Clueless" live!

Bless Netflix for reminding us about the timeless gem that is "Clueless." It's every bit as good as it was when you fell in love with it during middle school. And A Drinking Game makes it even better, with a live stage reading using costumes, props and a little (OK, a lot) of alcohol. Sat., Jan. 6, 7 p.m., \$15, The Bell House, 149 Seventh St., Brooklyn, ticketfly.com

## A dare to bare

It's the coldest month of the year, which means it's time for another No Pants Subway Ride. Improv Everywhere's 17th annual ritual dares commuters to bare their legs in the name of fun, and we've never needed it more. Sun., Jan. 7, 3 p.m., free, various locations, improveverywhere.com

## Eating season isn't over yet

Just when you thought it was safe to make weight-loss resolutions comes NYC Restaurant Week, when you can try prix-fixe menus at some of the city's landmark restaurants and hot newcomers for \$29 at lunch and \$42 at dinner. Reservations open Jan. 8, Jan. 22-Feb. 9, nycgo.com



For the bravest among us, the No Pants Subway Ride is coming up. GETTY IMAGES

## Help the recovery effort

Last fall, wildfires cut through Sonoma County in a disaster that devastated homes and one of the world's best wine regions. Help the recovery effort with a benefit dinner at Popina, with five courses and wine pairings all for \$55. Tues., Jan. 9, 7:30 p.m., 127 Columbia St., Brooklyn, email james@popinanydc.com

## Jam to Winter Jazzfest

The largest annual survey of jazz music returns with Winter Jazzfest, eight days of performances taking over venues across the city. Highlights include Nicole Mitchell's interrogation of the genre's future through sci-fi, a two-day marathon of music with over 100 acts on two stages, and a British jazz showcase. Jan. 10-17, various locations, \$20 and up, winterjazzfest.com

## Feel the Cuban heat

Nothing like a little Cuban music to warm your frozen feet. The Afro-

Cuban All Stars orchestra span all of the island nation's genres in a single show, tracing its musical history with internationally renowned performers including Ruben Gonzalez and Manuel "The Guajiro" Mirabal. Sat., Jan. 13, 8 p.m., \$40 and up, 431 W. 16th St., highlineballroom.com

## Dust off those pussy hats

A year into the Trump administration and things are pretty much as bad as we'd feared. It's time for another Women's March, taking place in more than 200 locations across the country. Last year's protest had 5 million participants — if you weren't angry then, it's not too late to say #MeToo and stand up now. Sat., Jan. 20, Columbus Circle, womensmarchalliance.org

## The art of the pig

Heritage pork is not only an extension of the farm-to-table ethos — these rare breeds pack in way

more flavor than you'll find in commercial pork. Experience the hugely creative walk-around tasting that is Cochon 555, where some of the city's best chefs trot out one-of-a-kind dishes alongside free-flowing drinks. Sun., Jan. 21, \$130-\$200, 849 Sixth Ave., cochon555.com

## Don't give up on dating yet

In Amanda Stauffer's debut novel Match Made in Manhattan, the protagonist finds love through online dating — but that's just the beginning of her problems. You're sure to find some hope for the digital dating scene as Stauffer talks love with Hannah Orenstein, Elite Daily's dating editor and professional matchmaker. Wed., Jan. 24, 7 p.m., \$15.99 (includes signed book), 828 Broadway, strandbooks.com



BroadwayCon  
GETTY IMAGES

## Learn to bullet journal

The founder of Bullet Journaling — the art-meets-organization trend of 2017 — Ryder Carroll is coming to the William Vale Hotel for an intimate workshop to get you on the path to hacking your productivity. Thurs., Jan. 25, 7 p.m., \$40, 111 N. 12th St., eventbrite.com

## Behind the scenes of Broadway

If seeing Broadway shows is just the beginning for you, then BroadwayCon is the place to hear about all the new projects, meet your favorite Broadway actors and become part of the amazing fan community, with acting workshops, panels and sing-alongs. Jan. 26-28, Javits Center, \$90-\$220, broadwaycon.com

## All hail Brooklyn beer

Drink your way across Brooklyn without putting a dent in your MetroCard at the Best of Brooklyn Food & Beer Festival. Back for a second year at Industry City, you'll find unlimited tastings of the borough's breweries from Braven to Wartega, plus grub from more than 20 restaurants and live music. Sat. Jan. 27, timed entry from noon-8 p.m., \$39-\$139, 220 36th St., Sunset Park, bestofbrooklynfestival.com



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# Become a better home chef with the #Cook90 challenge

Kick off 2018 with a tasty resolution: cooking three meals a day for a month.



KATE MOONEY  
@yatinybrooklyn  
kate.mooney@metro.us

If you're looking for a New Year's resolution that doesn't feel like punishment, as dieting or sober January often do, the #Cook90 challenge might appeal to you. It isn't about calorie counting or depriving yourself; it's a celebration of home cooking, breaking bread with friends and family and consuming what makes you happy — so long as you make it yourself.

Founder David Tamarkin first came up with the #Cook90 challenge — a pledge to cook three meals a day over a 30-day period — on New Year's Day three years ago. At the time, he was going through a rough patch when he realized that cooking alleviated his anxiety. "There's a mindfulness and meditative quality to cooking," he says. He figured he'd do it more often.

Cooking three meals a day for 30 days might sound daunting, and Tamarkin gets this: He lives in NYC and works

full-time as the editor of Epicurious.

"I am a cooking person but I'm not necessarily a super organized person," says Tamarkin. "What Cook 90 does is it forces you to fit daily cooking into a hectic life."

As a bonus, eating at home also saves money, and even if you're not counting calories, studies show that making your own meals ends up being healthier than eating out.



David Tamarkin,  
Epicurious  
editor and Cook  
90 founder.  
PROVIDED

Tamarkin has devised a plan to make it doable. To participate, sign up on Epicurious.com and you'll receive a newsletter with a suggested grocery list and a weekly meal plan. Follow it down to the recipe, use it for meal inspiration, or do your own thing. You can hold yourself accountable by posting your meals on social media with the hashtag

#cook90, or follow along others' culinary trials for camaraderie. Here's how it works.

## #Cook90 rules

You can eat whatever you want, as long as you cook all your meals. Tamarkin defines cooking as "transforming raw ingredients with heat," or "taking two or more raw ingredients and combining them to make something greater than the sum of their parts." So, making a sandwich counts; heating up a can of soup or a frozen burrito does not.

## Breakfast is free

Tamarkan encourages participants not to cook the same thing more than twice — except for breakfast.

"What I've learned is people don't want to mess with their breakfast," says Tamarkin. If you have your go-to meal, as long as you're still cooking it, feel free to repeat the same thing every day.

## Leftovers are your friend

"You can't cook every day and not rely on leftovers — and you should," he says. However, Tamarkin suggests not eating leftovers more



Take the #Cook90 challenge and cook three meals a day over a 30-day period. PROVIDED

than twice.

Instead, make "next-overs," or leftovers repurposed to create a different meal. For example, if you make a roast chicken for one meal, shred it into tacos or dice it up in a caesar salad.

## You get three cheat meals

"This is not supposed to be a punishment," he

says. "Sometimes you need to get out." Treat yourself by eating three meals out during the month.

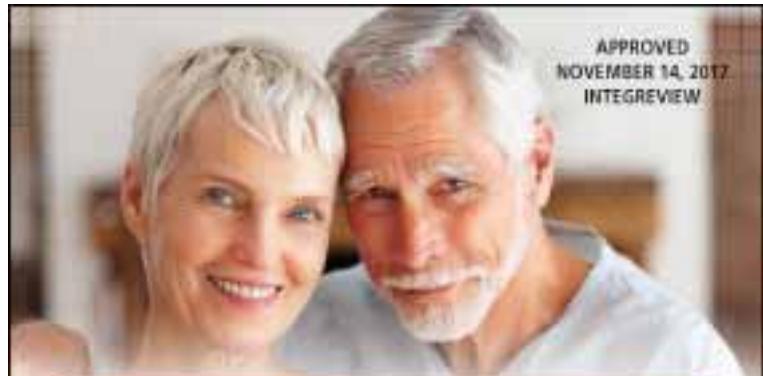
## Cook with others

Take the opportunity to throw dinner parties and potlucks during the long, cold month. "You learn from other people, it's fun, it creates community," Tamarkin says.

home

## Become a better home chef

After completing a #cook90, Tamarkin says that while he definitely doesn't make every meal, the habit of cooking sticks with him and he has plenty of new recipes to get him through the winter. He also likes to do a #cook90 in the spring for a refresher.



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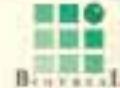
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# Giants HC search gaining steam

Just three days after their season ended, the Giants have already compiled a list of possible head coaching options.

 JOE PANTORNO  
@JoePantorno  
joseph.pantorno@metro.us

The New York Giants were not relaxing during the holiday season.

As they were putting the finishing touches on their worst season since 1983, which led to the firings of head coach Ben McAdoo and general manager Jerry Reese, the Giants have gone to work on bringing about a fresh start.

They already addressed their general manager vacancy, hiring former front-office member and Carolina Panthers GM Dave Gettleman

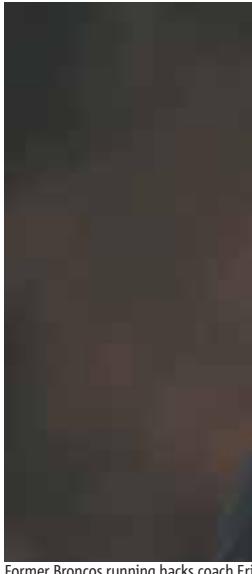
on Dec. 29.

He has wasted little time making changes to the team, cutting right tackle Bobby Hart and firing VP of player operations Marc Ross before their Week 17 win over the Washington Redskins.

Now comes the hiring of a head coach, a position that is one of the most coveted in football despite New York's 3-13 showing in 2017.

Philadelphia Eagles defensive coordinator Jim Schwartz is expected to interview for the Giants head-coaching position sometime this week. On New Year's Day, the Giants also requested to interview New England Patriots offensive and defensive coordinators Josh McDaniels and Matt Patricia.

Conflicting reports state that all three are favorites for the job. ESPN's Adam Schefter revealed Sunday that Schwartz was the favorite



Former Broncos running backs coach Eric Studesville will interview for the Giants head coaching job Friday. GETTY IMAGES

for the job. But the New York Daily News reported the night before that McDaniels and Patricia are options "1 and 1A."

Gettleman also

reached out to his former team on Monday to request an interview with Panthers defensive coordinator Steve Wilks.

Tuesday has provided

two new names to add to New York's list of potential candidates.

Ian Rapoport of NFL Network first reported that Eric Studesville will

be interviewed on Friday.

The 50-year-old was fired by the Denver Broncos as their running backs coach, a position he held since 2010 besides a brief hiatus as interim head coach in the final four games of his first season with the team. Studesville has previous experience with the Giants, working as their running backs coach from 2001-2003 under then-head coach Jim Fassel.

Jordan Raanan of ESPN reported later on Tuesday afternoon that the Giants have submitted a request to interview Minnesota Vikings offensive coordinator Pat Shurmur.

Shurmur has helped develop Case Keenum from fringe backup into a solid starting quarterback this season as the Vikings are the No. 2 seed in the NFC after a 13-3 season. Shurmur previously coached the Cleveland Browns for two seasons, compiling a 9-23 record.

## Jahlil Okafor to return to Nets Wednesday vs. Timberwolves

Jahlil Okafor might have been freed from the Philadelphia 76ers' bench when he was traded to the Brooklyn Nets on Dec. 7, but that didn't mean he was seeing any game action.

After making his debut with the team a week later on Dec. 15, Okafor has been cheering from the sidelines as he's worked his way to get back into game shape while learning the Nets' playbook.

It looks as though the Nets are ready to unleash the young center as he is expected to return to the lineup on Wednesday night against the Minnesota Timberwolves (7:30 PM, YES Network).

Despite being all but written off in Philadelphia after the 76ers stockpiled young talents like Joel Embiid, Dario Saric and Ben Simmons, the No. 3 pick of the 2015 draft is still just 22 years old.

It was an impressive deal pulled off by the Nets, who also acquired



The Nets are expected to get Jahlil Okafor back on Wednesday. GETTY IMAGES

Nik Stauskas and a 2019 second-round pick in return for forward Trevor Booker.

And it might only get better if Okafor can live up to the hype that surrounded him when he came out of Duke.

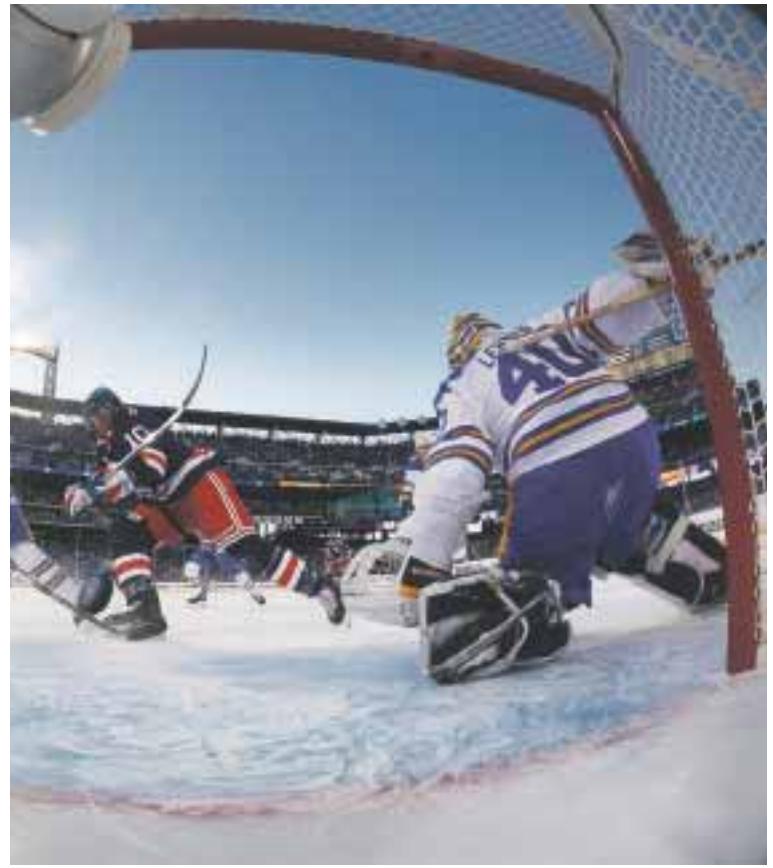
Before Embiid returned to health in Philadelphia, Okafor was showing plenty of promise, including a rookie season in which he averaged 17.3 points and seven rebounds per game. In 106 games, he's averaging 14.5

points and 5.9 rebounds in just 26.2 minutes per game.

His per 36-minute averages come out to look even better as he's put up 20.0 points and 8.1 rebounds in that metric.

Should he show that he's in shape, has a grasp of Brooklyn's offense and can earn regular playing time, the Nets could be watching a future centerpiece of their frontcourt returning Wednesday night. JOE PANTORNO

## Classic win bodes well for Rangers



The Rangers improved to 4-0-0 in outdoor games after an overtime win over the Sabres on New Year's Day in the 2018 NHL Winter Classic. Miss any of the action? Check out metro.us/sports/new-york GETTY IMAGES

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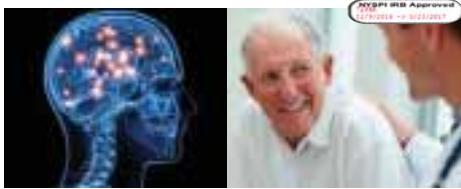
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**jasa**

JASA Care  
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- DRINKING PROBLEMS
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- WIFE AND HUSBAND PRO
- CHILDLESS COUPLES
- STOP DIVORCE
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- SEXUAL PROBLEMS
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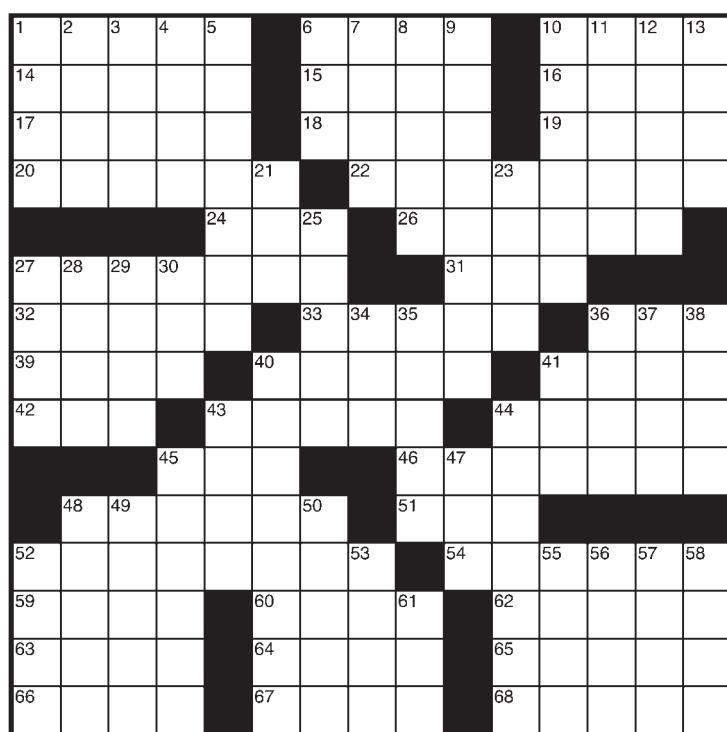
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Across	
1	Dangles
6	FYI note
10	Cellar, briefly
14	George who was a she
15	Like khaki
16	Bryce Canyon site
17	Happen again
18	Marsupial pockets
19	Waiter's offering
20	Full of vinegar
22	Sheep owner's job
24	Worn-down pencil
26	Home of the Illini
27	Bit of glitter
31	Limo passenger
32	Articles of merchandise
33	Fix the clock
36	Open-wide word
39	Ocean sighting
40	Flat-tasting
41	Ms. Lanchester of films
42	Moo — gai pan
43	Look after (2 wds.)
44	Prior to
45	Brooklyn cager
46	Swindles (2 wds.)
48	Stomping grounds
51	HBO alternative
52	Corrupt
54	Hammer partner
59	Accrue interest
Down	
60	Plunder
62	Glimmer
63	With, to Henri
64	— Stanley Gardner
65	Krishna devotee
66	— majeste
67	Big bucks?
68	Hauls along

# metro.us /games

12 Edible lichen  
13 Hoodlum  
21 — de-sac  
23 Just slightly (2 wds.)  
25 "Uncle Miltie"  
27 Guzzle  
28 El --, Texas  
29 "City of New Orleans" singer  
30 Society column word  
34 Do lunch  
35 Stable sound  
36 Low voice  
37 Yeah, right! (2 wds.)  
38 Fair share  
40 Improved  
41 Coast Guard off.  
43 Cellphone button  
44 Stressed  
45 Faint difference  
47 Those elected  
48 Pant  
49 Realty units  
50 Entrap  
52 Real bargain  
53 Shower liner  
55 Ad award  
56 Superman's alias  
57 Take on cargo  
58 Non-flying birds  
61 Berlin article



## metro.us/sudoku

easy

	2			1	9	6	5
8							
		9		2	7		
	6	7	3			2	4
	5		4		3		
4	1			7	5	9	
	9	2		8			
							2
6	3	1	7			8	

hard

7		1	5			2
2				9	1	
4			2	6		5
3	4	2	6			
				9		
		1	3	9		5
2		9	4			3
		5	6			9
9			3	1		7

## metro.us/horoscopes



**Aries** Hold on to your money, job and stability by doing what's expected of you and carrying out your own plans. Intelligence and common sense will be required.



**Taurus** Be careful how you handle domestic matters. Someone may not see things the same way you do. Be willing to compromise and to listen to wise advice.



**Gemini** Concentrate on your relationships with others and determine who you are best off spending time with. Stick to people who are a positive influence on you.



**Cancer** Be careful not to go overboard. You can have fun and be moderate at the same time. Emotional incidents will surface if you are too aggressive or inconsistent.



**Leo** Distress will kick in if you let someone take advantage of you emotionally. Avoid being indulgent or overspending on items you don't need.



**Virgo** Don't overdo it. Added stress will set in if you make promises you don't want to keep. Consider the best way to make the most of your time.



**Libra** Emotions can make people do foolish things. Don't make a hasty decision, or you will end up having regrets. This is not the time to burn bridges or start a feud.



**Scorpio** Take a step back to avoid getting into an emotional feud. Too much of anything will come back to bite you. Keep your life simple, affordable and moderate.



**Sagittarius** Taking care of other people's business will be draining. Don't make promises you cannot keep or get involved in something you aren't capable of handling.



**Capricorn** Emotions will push you in a direction that could lead to uncertainty. Consider the consequences should things not go as planned.



**Aquarius** Look for professional alternatives that will encourage a better use of your experience and allow you to learn. An ambitious attitude will bring good results.



**Pisces** Assess your financial situation and consider your job prospects. Having a plan will help you stay on track as the year unfolds. **EUGENIA LAST**

### Yesterday's answers

APT	PROPS	B	BEARS
DEW	ROBOT	E	ESTER
ATE	ICIER	C	CAMPS
GARBS	S	M	SMACK
EL PASO	W	H	HOOPS
	C	C	INCITE
TUCK	TOXIC	I	UPON
IBIS	LIB	L	END
FORE	VALET	T	IDES
FACADE	EXECS	A	MOTORS
TATTERS		M	ASSET
CAKED		A	AGA
MAMBA	IRONS	I	KIN
INTEL	DAVIT	N	RANTS
RANTS	STEPS	S	ASK

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